

27757

NATIONAL LIBRARY  
OTTAWA



BIBLIOTHÈQUE NATIONALE  
OTTAWA

NAME OF AUTHOR... *Shida Kathleen Wheatley*.....  
TITLE OF THESIS... *The Effect of an Alcoholic*.....  
*Treatment Program on Certain Alienation*  
*and Personality Dimensions*.....  
UNIVERSITY... *University of Alberta*.....  
DEGREE FOR WHICH THESIS WAS PRESENTED... *M. Ed.*.....  
YEAR THIS DEGREE GRANTED... *1976*.....

Permission is hereby granted to THE NATIONAL LIBRARY  
OF CANADA to microfilm this thesis and to lend or sell copies  
of the film.

The author reserves other publication rights, and  
neither the thesis nor extensive extracts from it may be  
printed or otherwise reproduced without the author's  
written permission.

(Signed) *Shida K. Wheatley*

PERMANENT ADDRESS:

... *11119-50 Ave*.....  
... *Edmonton, Alberta*.....  
.....

DATED... *March 8*.....1976

NL-91 (10-68)

INFORMATION TO USERS

THIS DISSERTATION HAS BEEN  
MICROFILMED EXACTLY AS RECEIVED

This copy was produced from a microfiche copy of the original document. The quality of the copy is heavily dependent upon the quality of the original thesis submitted for microfilming. Every effort has been made to ensure the highest quality of reproduction possible.

PLEASE NOTE: Some pages may have indistinct print. Filmed as received.

Canadian Theses Division  
Cataloguing Branch  
National Library of Canada  
Ottawa, Canada K1A 0N4

AVIS AUX USAGERS

LA THESE A ETE MICROFILMEE  
TELLE QUE NOUS L'AVONS RECUE

Cette copie a été faite à partir d'une microfiche du document original. La qualité de la copie dépend grandement de la qualité de la thèse soumise pour le microfilmage. Nous avons tout fait pour assurer une qualité supérieure de reproduction.

NOTA BENE: La qualité d'impression de certaines pages peut laisser à désirer. Microfilmée telle que nous l'avons reçue.

Division des thèses canadiennes  
Direction du catalogage  
Bibliothèque nationale du Canada  
Ottawa, Canada K1A 0N4

THE UNIVERSITY OF ALBERTA  
THE EFFECT OF AN ALCOHOLIC TREATMENT  
PROGRAM ON CERTAIN ALIENATION  
AND PERSONALITY DIMENSIONS

BY



SHELLA KATHLEEN WHEATLEY

A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES AND RESEARCH  
IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE DEGREE  
OF MASTER OF EDUCATION  
IN  
COUNSELLING PSYCHOLOGY

DEPARTMENT OF EDUCATIONAL PSYCHOLOGY

EDMONTON, ALBERTA

SPRING, 1976

THE UNIVERSITY OF ALBERTA  
FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and  
recommend to the Faculty of Graduate Studies and Research,  
for acceptance, a thesis titled THE EFFECT OF AN ALCOHOLIC  
TREATMENT PROGRAM ON CERTAIN ALIENATION AND PERSONALITY  
DIMENSIONS submitted by SHEILA KATHLEEN WHEATLEY in partial  
fulfilment of the requirements for the degree of Master of  
Education in Counselling Psychology.

*Peter Laidler*  
.....  
Supervisor

*Murray Smith*  
.....

*Charles C. Anderson*  
.....

DATE *November 7, 1975*  
.....

# ABSTRACT

The present investigation was carried out to evaluate the effectiveness of a twenty-eight day treatment program for alcoholism in changing the personality characteristics of the alcoholic as measured by the 16 P.F. and in reducing the feelings of alienation of the alcoholic as measured by the Keniston Alienation Scale. A secondary purpose of the study was to evaluate the design effect of the pre - post test administration of the Keniston Alienation Scale.

Analysis was carried out on thirty-eight alcoholics admitted to Henwood, a twenty-eight day treatment centre for alcoholism and drug addiction run by the Alberta Alcohol and Drug Abuse Commission. One half of the sample was given the 16 P.F. on their admission, and the Keniston Alienation Scale at the conclusion of their treatment. The other half of the sample were administered the Keniston Alienation Scale on admission to Henwood and the 16 P.F. plus re-administered the Keniston Alienation Scale at the conclusion of their treatment period.

The results indicate that the twenty-eight treatment program did not have any significant effect in changing subjects responses on the various personality subscales of the 16 P.F. Analysis of the data did not show a significant change on the outsider dimension of the Keniston Alienation Scale thus indicating the sample did feel less alone and

isolated after completion of the treatment. Writing of the Keniston Alienation Scale both pre and post treatment was found to have no significant difference on the subject's scores.

Significant correlations between the 16 P.F. and the Keniston Alienation Scale were found on the dimensions of controlled vs. undisciplined/avowed hostility, outsider; tense vs. relaxed/distrust; emotionally stable vs. emotionally unstable/avowed hostility, interpersonal alienation; conscientious vs. expedient/cultural alienation; outgoing vs. reserved/pessimism; venturesome vs. restrained/pessimism, self-contempt; suspicious vs. trusting/avowed hostility, subspection, outsider; schrewd vs. forthright/avowed hostility, outsider; apprehensive vs. placid/avowed hostility and tense vs. relaxed/avowed hostility, subspection.

# ACKNOWLEDGEMENTS

To Dr. Peter Calder for his help and direction throughout  
the completion of the study.

## TABLE OF CONTENTS

| CHAPTER                                                            | PAGE |
|--------------------------------------------------------------------|------|
| I INTRODUCTION . . . . .                                           | 1    |
| Statement of the Problem . . . . .                                 | 4    |
| Definition of Terms . . . . .                                      | 5    |
| Limitations of the Study . . . . .                                 | 5    |
| II SURVEY OF RELATED LITERATURE . . . . .                          | 7    |
| Personality Factors of the Alcoholic . . . . .                     | 7    |
| The Causes of Alcoholism . . . . .                                 | 8    |
| Personality Characteristics of Alcoholics . . . . .                | 9    |
| Alcoholism and Alienation . . . . .                                | 11   |
| Alienation . . . . .                                               | 13   |
| Personality Change as a Result of Group<br>Participation . . . . . | 17   |
| Summary of the Reviewed Literature . . . . .                       | 20   |
| III METHODOLOGY . . . . .                                          | 22   |
| Nature of the Henwood Treatment Program . . . . .                  | 23   |
| Hypotheses and Statistical Design . . . . .                        | 24   |
| IV RESULTS AND CONSLUSIONS . . . . .                               | 26   |
| Hypothesis Testing . . . . .                                       | 27   |
| Summary of the Results . . . . .                                   | 35   |
| V SUMMARY, DISCUSSION AND IMPLICATIONS . . . . .                   | 37   |
| Summary . . . . .                                                  | 37   |
| Discussion . . . . .                                               | 39   |
| Implications for Further Reserach . . . . .                        | 40   |

|                                                                                  | PAGE |
|----------------------------------------------------------------------------------|------|
| REFERENCES . . . . .                                                             | 41   |
| APPENDICES . . . . .                                                             | 46   |
| APPENDIX A: KENISTON ALIENATION SCALE . . . . .                                  | 46   |
| APPENDIX B: REVISIONS OF KENISTON ALIENATION SCALE . . . . .                     | 58   |
| APPENDIX C: KENISTON ALIENATION SCALE PRESENTED TO<br>HENWOOD PATIENTS . . . . . | 65   |

# LIST OF TABLES

| TABLE | DESCRIPTION                                                                                                              | PAGE |
|-------|--------------------------------------------------------------------------------------------------------------------------|------|
| I     | MEANS, STANDARD DEVIATIONS, SUM OF SQUARES ..<br>Probability of Pre-Post Testing Using the<br>16 P.F. .                  | 28   |
| II    | MEANS, STANDARD DEVIATIONS, SUM OF SQUARES ..<br>Probability of Pre-Post Testing Using the<br>Keniston Alienation Scale. | 30   |
| III   | MEANS, STANDARD DEVIATIONS, SUM OF SQUARES ..<br>Probability of Post-test Measures of the<br>Keniston Alienation Scale.  | 32   |
| IV    | PEARSON PRODUCT MOMENT CORRELATION MATRIX<br>OF MEAN . . . . .<br>Scores of 16 P.F. and Keniston Alienation<br>Scale.    | 33   |

## CHAPTER I

### INTRODUCTION

There is growing concern in contemporary society of an individual's feelings of loss and estrangement (Rogers, 1970; Keniston, 1965(a), 1968). Alienation is a term which has been attributed to various roles within our society, thus we speak of alienated youth, alienated workers, and the alienation of the citizen from his government. Whenever social roles and norms are defined, some alienation must exist (Lukes, 1972). Keniston (1968) states alienation can not solely be attributed to the characteristics of a modern technological society; but rather alienation is a product of the inner world and the outer world of the individual as they continually interact in the developing individual's experience (p.340):

The existence of alienation is one of the most disturbing features of modern man (Rogers, 1970). The advancement of modern technology has had the effect of dehumanizing personal interaction. Man is no longer an integral part of his job, his community, or even his family. This presence of alienation is seen in the steady increase of resultant behaviors such as school drop-outs, protests of various sorts, cultural drop-outs and excessive drug-use (Keniston; 1965(a), 1968).

Alienation is a personality characteristic which can at some time be attributed to all individuals. It is not specifically a characteristic of the alcoholic per se; however public attitudes and feelings about drinking and alcohol abuse cause the alcoholic to experience intense feelings of loneliness and isolation. Kurl et.al.(1967) state that along with the physiological effects of alcohol develop a personality pathology known as "alienation" which involves depression, hostility and a sense of loneliness and isolation. Whitney, E.D.(1965) has named alcoholism 'The Lonely Sickness'. Plout (1967) indicates the problem drinker often is unable to form close and meaningful interpersonal relations.

One possible solution to reducing feelings of alienation is the development of the laboratory method or encounter group. Several contemporary writers (Rogers, 1970; Schein and Bennis, 1965; Gendlin, 1962) believe this educational technique is an effective approach to deal with the problems of alienation. Membership in a group means simply the individual is no longer isolated or alone, but has come into contact with others.

Donovan and Marvit (1970) found that while group

therapy did not reduce alienation attitudes; group membership did help the individual become more sociable and content.

Kozley, Loken and Field (1971) report contradictory findings. After a T-group experience, subjects consistently reported a reduction in feelings of personal, interpersonal and social alienation.

Since no allowance was made to control for the possible influence of test - retest in the above studies; it is questionable what influence the group experience did have on participating individuals. In a test - retest situation using the same instrument, a shift will occur towards better health, better adjustment, fewer symptoms, worries, fears or personal inadequacies regardless of the intervening treatment as a result of the effect of the repeated measurement itself and not an effect of intervening experience.

A popular approach in the treatment of alcoholism is the use of group therapy. Fox and Louie (1968) believe that group therapy together with suitable medical management and manipulation of the environment, is the most effective way to treat alcoholics. Other authors (Wolf, 1968; Solaire, 1970; Judge, 1971) state group therapy gives the alcoholic the support and motivation, and the increased contacts they require to stop drinking.

An alcoholism treatment centre, under the Alberta Alcohol and Drug Commission is Henwood. The program

provides a twenty-eight day inpatient treatment program, emphasizing individual and group counselling, lecture material regarding various aspects of alcoholism, and socialization skills in terms of a recreation and crafts program. It is this program that is the subject of this study.

#### Statement of the Problem

The investigation attempted to determine the effectiveness of a twenty-eight day inpatient treatment program in reducing feelings of alienation in the alcoholic.

The study is concerned with the extent to which feelings of alienation, as measured by the Keniston Alienation Scale (Keniston, 1965(b)), in the alcoholic were reduced through completion of a treatment program at Henwood.

The study sought to investigate if the treatment program effects the scores on a personality measure, the Sixteen Personality Factor Questionnaire. More specifically the purpose of the study is to answer the following questions:

- 1) Will change occur on a 16 P.F. questionnaire of the alcoholic as a result of the twenty-eight day inpatient treatment program?
- 2) Is a twenty-eight day inpatient treatment program effective in reducing feelings of alienation as measured by the Keniston Alienation Scale?
- 3) Does the fact that some subjects take the Keniston Alienation Scale both before and after treatment significantly alter their scores?

- 4) - Is there any correlation between scores achieved on the Keniston Alienation Scale and scores achieved on the 16 P.F.?
- 5) Does the alcoholic vary from the average scores on any of the various subscales of the 16 P.F.?
- 6) Relative to his other scores, on which sub-tests of the Keniston Alienation Scale does the alcoholic express his greatest feelings of alienation.

#### Definition of Terms

Alcoholic or alcoholism refers to those persons who have been admitted to the twenty-eight treatment program at Henwood and who were designated as being "alcoholic".

A number of those patients who were listed as an "alcoholic" were also dependent upon other drugs.

Alienation refers to those scores attained by the Keniston Alienation Scale which indicate the individual's degree of alienation on the various indices of alienation. (Keniston, 1965(b)).

#### Limitations of the Study

The study attempted to measure with a pencil and paper test, a personality characteristic which manifests itself behaviorally resulting in a test score which might in fact not be a "true" reflection of the patients actual behavior and attitudinal dimensions. A behavioral measure and a pencil and paper measure would provide a more comprehensive measure of alienation.

Slight revisions to the Keniston Alienation Scale was necessary due to the varied educational backgrounds of the patients at Henwood. These slight revisions of wording might make the comparison of scores achieved on this version of the test with those scores achieved on the standard test questionable. These minor changes might make the comparison of these test results to other studies in which the unmodified Keniston Alienation Scale was used questionable.

Within this study Chapter I outlines the general problem and areas of concern. Chapter II contains a review of the related literature, Chapter III outlines the methodological approach. Chapter IV summarizes the results of the study and Chapter V contains a summary, and discussion.

## CHAPTER II

### SURVEY OF RELATED LITERATURE

Studies reviewed in the literature found little direct documented evidence of a positive relationship between alcoholism and alienation. The present study was undertaken to examine what relationship does exist between alcoholism and feelings of alienation; and if an inpatient treatment program for alcoholism which has an emphasis on group therapy is effective in reducing alienation feelings. The purpose of this chapter is to review the literature relating to the personality factors of the alcoholic, alienation, and personality change as a result of group therapy.

#### Personality Factors of the Alcoholic

Several definitions of alcoholism exist. Strachan (1968) defines an alcoholic as a person who becomes a dependent and compulsive drinker. Alcoholism involves a progressive loss of control over drinking behavior and increasingly dependent drinking. Melt (1967) defines alcoholism as a chronic disorder in which an individual is unable for physical or psychological reasons, or both, to refrain from the frequent consumption of alcohol in quantities sufficient to produce intoxication and injury to health and effective functioning. Other authors Jellink (1960), Clinebell (1968), and Jones, Sharnberg, Byer (1969) define alcoholism or an alcoholic as an individual whose

drinking interferes with any of his important life adjustments and interpersonal relationships.

#### The Causes of Alcoholism

Pattison (1965) states there is no such thing as an alcoholic personality, however certain personalities tend to develop certain alcohol problems. The prevention or support of an alcohol problem is dependent upon the cultural tradition of an individual and his immediate social interaction. Jones (1969) relates alcoholism to physiological, psychological and sociological factors. Alcoholism is the result of the interaction of many factors. This view is consistent with Kearney (1970) who states alcoholism stems from a combination of social, psychological and environmental conditions.

Contrary to this, several authors have attempted to attribute the causation of alcoholism to psychological factors. Milt (1967) states alcoholism is the result of psychological factors such as tension, anxiety, insecurity, dependency, inadequate psychosexual development, parental influence, psychiatric disorder and possible hereditary influence.

Barey (1968) associates excessive drinking with socio-cultural conditions which arouse an intense conflict between striving for independence and a craving for dependence. The incidence of alcoholism is influenced both by the strength of the motivation and the effectiveness of the social controls.

Devito, Flaherty, and Madzierz (1970) state early excessive use of alcohol serves as an alternate defense against a variety of ego threatening situations brought about by a breakdown in the usual personality defense system. They state that alcohol abuse serves as a defense against: (1) powerful but threatening affective states, (2) a facilitator of acting out behavior in acting out prone alcoholics, (3) a sense of deepening despondency in depression prone alcoholics, and (4) as a means of modulating neurotic, psychotic or sexual deviate symptomatology.

The excessive use of alcohol is associated with those kinds of problems which cause personally destructive or anti-social behavior. People use alcohol to reduce emotional conflicts, yet alcohol abuse causes its own emotional problems (Freed, 1969). He sees five reasons for frequent alcohol abuse: (1) frequent stress, (2) emotional conflicts, (3) availability of alcohol, (4) habitual drinking patterns and, (5) inner conflict over habitual drinking.

Pallmer (1965) says individuals use alcohol to ease or escape the torture of an enormously high degree of free-floating anxiety about which they could do nothing, for they did not know where it came from (p.121).

#### Personality Characteristics of Alcoholics

In an attempt to isolate personality characteristics

of the alcoholic, various researchers have administered personality measures such as the Roscharch, the Personality Research Form (PRF), the Minnesota Multiphasic Personality Inventory (MMPI), and the Sixteen Personality Factor Questionnaire (16PF) to an alcoholic population.

Fahka (1966) compared 50 male Finnish alcoholics to a control group matched approximately for age and social class on the Roschach. The results indicated the alcoholics in the sample experienced less manifest anxiety than their controls, while showing more pathological traits in their personality.

Using the Personality Research Form, Hoffmann (1970) studies 377 hospitalized male alcoholics. They scored significantly higher in abasement, affiliation, cognitive structure, harmavoidance, nurturance, order, and succorance. Significantly lower scores were in the areas of achievement, aggression, autonomy, change, dominance, endurance, exhibition, play and sentience.

Sozali and Sloan (1971) compared 50 male alcoholics and 98 nonalcoholics on their internal - external control dimension. The alcoholics were significantly more internally oriented. The authors conclude this may account for the alcoholics persistent belief they can control their drinking.

Taking questions from the MMPI which relate to hostility, Hassal and Foulds (1968) compared the responses of 40 alcoholics under 30 years to responses of male patients

who were hospitalized for physical illness. On the hostility dimension, the alcoholics scored  $1\frac{1}{2}$  deviations above the control group. The direction of the hostility for the alcoholic group was toward the intro-punitive side, and for the controls toward the extra punitive side.

In an attempt to isolate the 'alcoholic personality' Fuller (1966) selected the Sixteen Personality Factor Questionnaire as a means in developing personality profiles for an alcoholic population. 696 hospitalized American male alcoholic patients were tested. In general terms, the profiles indicate that the alcoholic person is aware of and concerned with the effect of inadequate adjustment. More specifically the authors found the alcoholic to be high on the guilt factor, experience to an unusual degree a sense of frustration, are very high on anxiety and characteristically low in emotional stability. These findings on the 16 PF are consistent with those of Bremner (1963) who administered the 16 PF to a small New Zealand alcoholic population.

#### Alcoholism and Alienation

Kurland, Unger, Shaffer and Savage (1967) label the personality pathology of the alcoholic as 'alienation'. This includes the characteristics of depression, hostility and a sense of loneliness and isolation. Fox (1968) groups the personality characteristics of an alcoholic as an aggregate of emotions called 'basic anxiety'. These are feelings of

inadequacy, hostility, isolation and helplessness. A study by Rosenberg (1969) supports the view that the alcoholic drinks to relieve the symptoms of loneliness, feelings of inferiority, anxiety and frustration.

Several persons (Anant, 1969; Bahr, 1970; and Goldin, Margolin, Sotsky, 1971) have attempted to relate alcoholism to social isolation or alienation. A person who has become alienated from family, peers or community for any number of reasons may turn to drink to combat loneliness (Anant, 1968). Similarly Goldin, Margolin, Sotsky, (1971) speaks of the high degree of alienation felt by the alcoholic from the social subsystems of which he was originally a part and to which his drinking led. Bahr (1970) attempts to relate the idea of chronic inebriety and related forms of disaffiliation to the more general social problems and processes.

There is very little theoretical and research literature available to show a relationship exists between alcoholism and feelings of alienation. Jeffery (1959) constructed a theory of social alienation which integrates the psychological and sociological concepts of criminality. Jeffery extends the concept of criminality to include anti-social behavior such as neurosis, psychosis and alcoholism. Crime rates are high in groups where social interaction is characterized by isolation, anonymity, impersonalization and anomie. The individual lacks interpersonal relationships and suffers from interpersonal failure. Social alienation

leads to anti-social behavior. Roser (1970) extends this view to the broader society. He ascribes the rise in alcoholism to the alienation of the individual in modern civilized society; and expresses concern that the reduction in the work week will lead to a further increase in the alcoholism rate.

Singer, Blane and Kasschare (1964) tested the hypothesis that alcoholism accompanied social isolation. 238 diagnosed alcoholics were compared with 176 nonalcoholics. On the bases of standard biographical information used to estimate close contacts, stability in maintaining social involvement and use of community resources; the alcoholic was more isolated than the control group.

#### Alienation

The literature on alienation is extensive. There are various meanings attached to the term "alienation". Fromm (1955) views the alienated person as being out of contact with himself or other people. The forming of non-authentic relationships causes the individual to lose his true self. Keniston (1960) has a similar view of alienation which is the result of the increasing distance between men and the lack of meaningful interpersonal relationships. Present relationships in modern society have changed from commitment and enthusiasm to alienation and apathy.

Scott (1964) states alienation refers to various mental

states of the individual. The dimensions of alienation are accounted for by the individual's lack of commitment to values, lack of conformity to norms, lack of responsibility to roles and lack of control of mental facilities.

Gerson (1965) says individuals seek to reduce the stress and strain of mass alienation by seeking a social structure: - a series of patterned, social relationships. The established expectation in the mass society is semi-alienation.

Seeman (1966) states the structure of society today is such that it produces feelings of isolation, helplessness and alienation in people; largely because close relationships have almost disappeared between people. Social and personal life have become anonymous and impersonal, work mechanized and bureaucratic. The resulting condition is alienation. This is feelings of powerlessness, restlessness, lack of standards and self-estrangement.

Keniston (1972) attempts to define alienation. Alienation has a focus, implies loss of a relationship, can be expressed in various ways and has different agents or sources. Some types of alienation are cosmic outcastness, developmental estrangements, historical loss, self-estrangement, and individual alienation. As the result of a longitudinal, in-depth study of severely alienated students, Keniston (1965 and 1968) developed operational measures of alienation. An alienation scale was developed by

Keniston from the indices of distrust, pessimism, avowed hostility, interpersonal alienation, social alienation, cultural alienation, self-contempt, vacillation, subjection, outsider and unstructured universe. The composite of these alienation indices Keniston regards as constituting an 'alienation syndrome'.

Loken (1968) studied the relationship between alienation and certain personality variables. Three hundred thirty-nine college freshmen were administered the Seeman, Dean and Keniston Alienation Scales, the Minnesota Multiphasic Personality Inventory, the Personality Research Form, and the Minnesota Test of Creative Thinking - Verbal Form A. A sample of 12 alienated students were found to be more psychopathic, impulsive, schizophrenic, creative, psychasthenic, cognitively structured, socially introverted, autonomous, and emotionally open.

It has been suggested by several authors (Glendin, 1962; Schein and Bennis, 1965; and Rogers, 1967) that one possible technique to reduce feelings of alienation is use of human relations training. The survey of the literature revealed only two studies that measured alienation - reduction as a result of group therapy.

Donovan and Maurin (1970) in a controlled study of 19 patients in the ambulatory psychiatric service of a large general hospital studied the effectiveness of brief group therapy in reducing alienation. The subjects were

tested using: (1) the Hanna Social Attitude Test, (2) the Dean Alienation Scale, (3) the Rotter Internal - External Scale, (4) a series of questions that taps the area of contentment and, (5) a series of questions that measures social behavior. The treatment group met for one and one-half hours twice a week for four weeks. On the fifth week, both treatment and control groups were retested. The authors concluded that brief group therapy does not modify negative social attitudes, but does, however, enhance the individual's sense of contentment and facilitates social interaction both inside and outside the group therapy setting.

Using Keniston's Alienation Scale, Koziey, Loken and Field (1971) found that feelings of alienation were generally found to decrease as a result of particularized group experience. Twenty-two university students were administered the Keniston Alienation Scale prior to participation in a two hour per day group session for a total of 30 hours, a post test at the conclusion of the group sessions, and retested again after six months. Feelings of alienation as measured by the Keniston scale did decrease over the treatment period, and remained stable over the six month period. The authors concluded that the group experience did reduce feelings of personal, interpersonal, and social alienation.

In carrying out the above studies, neither author took into consideration the possibility of the design effect in interpretation of the results. An alternative interpretation of the results might be that the pre-post changes could be the effect of repeated measurement itself and not an effect of the intervening group experience.

#### Personality Change as a Result of Group Participation

Bebout (1973) studied encounter group members in order to determine what personal changes could be attributed to one's participation in a group. All reported positive changes in terms of greater self-satisfaction, increased self reliance, more comfort with sexuality and less social inhibition. The subjects studied indicated they felt less lonely and less alienated.

Treppa and Fricke (1972) administered the Personal Orientation Inventory, the Minnesota Multiphasic Personality Inventory and the Interpersonal Checklist ~~in~~ studying the effects of the marathon group on the values of self-actualization and the interpersonal dimension of personality. The tests were administered before the group began, at its conclusion and six weeks later. Significant positive changes were found on post-test and follow-up scores.

Reddy (1970) examined the effectiveness of the sensitivity group vs. the psychotherapy group. Subjects of four groups: - two sensitivity groups, one psychotherapy group and one control group were administered the Tennessee

Self - Concept Scale immediately before the first meeting and following the final meeting. The personal growth groups reported a greater change in pathology from the pre to post measures. The psychotherapy group indicate no significant change in the opposite direction, and the control group no significant change.

Rohan, Tatro and Rotman (1969) studied the effectiveness of an alcohol treatment centre which emphasized educational and group therapy, A.A. meeting and vocational counselling. Fifty-eight alcoholics were administered the Minnesota Multiphasic Personality Inventory on admission to the centre and at discharge two and one-half months later. Post treatment administration showed all scales changing in terms of reduced symptoms. The subjects were less significantly depressed and anxious and were more confident, optimistic, and socially outgoing.

Group therapy is an approach used in the treatment of alcoholism. Most studies evaluating the group effectiveness yield positive results. Salari (1970) states the psychotherapeutic approach to alcohol involves three considerations; limits, objectives and methods of obtaining objectives. The personality symptoms of the alcoholic puts limits on the possibility of modification. The objectives of treatment are to help the patients accept the fact of their dependence on alcohol and reorganize their lives in accordance with

the realization that he has lost his ability to manage alcohol. Group psychotherapy is most helpful in permitting the patient to face his present difficulties and provides company, stimulation, and acceptance by others.

Wolf (1968) studied the effectiveness of an alcohol treatment program which included one hour of group therapy twice a week. He found group treatment was moderately effective if the focus of the group was on motivation. Those persons who were easiest to reach already had something they valued in their work or in their family relationships. Of 30 patients who recieved no group treatment, only 7% were able to make satisfactory post treatment.

An evaluation of enforced vs. voluntary treatment including enforced group psychotherapy was studied by Gallant, Bishop, Faulkner et. al. (1968). Eighty-four alcoholics were assigned by the courts to: (1) attend a clinic, (2) enforced group and antabuse treatment, (3) enforced antabuse, and (4) suggestion of therapy. An evaluation after a six month period indicated that enforced treatment is not effective.

Catanzaro (1968) met with 46 classified alcoholics in weekly group therapy sessions for six months. The focus of the groups were to help gain insight into problems, provide a positive orientation to group therapy, improve

plans for sobriety, and help gain insight into nondrinking problems. The addictive alcoholic was most amenable to group treatment. The nonaddictive alcoholic was moderately amenable.

Dickter, Ottenberg, Rosen (1971) studied the effectiveness of the marathon group lasting 40 - 60 hours on 100 male alcoholics. Information gathered 10 months later reported 29% successfully rehabilitated and 28% greatly improved.

In another study 120 male alcoholics were evaluated 13 months following treatment: 19% were successfully rehabilitated, 15% partially successful, and 35% improved. Dichter believes the marathon group is a superior method in the rehabilitation of alcoholism.

#### Summary of the Reviewed Literature

A review of the related literature regarding alcoholism and alienation indicates there is very little documented evidence relating the two concepts. Alcoholism is the result of the interplay of various physiological, psychological and sociological factors. Although alcoholism is manifested behaviorally; it includes various psychological dimensions. Among the personality dimensions of alcoholism are feelings of alienation and loneliness. Several authors attributed increased feelings of alienation to the structure of today's society. A technique suggested for reducing

feelings of alienation and which has also been considered the most effective treatment method for alcoholism is use of group therapy. Becoming a member of a group simply means the individual is no longer alone.

### CHAPTER III

#### METHODOLOGY

The purpose of this study is to measure the effectiveness of a twenty-eight day treatment program in reducing the alcoholics feelings of alienation and to measure change in the profile of a personality questionnaire. A secondary purpose of the study is to measure the design effect of a pre - post test measure of the Keniston Alienation Scale.

On admission to Henwood, an inpatient treatment centre for alcoholism and drug abuse under the Alberta Alcohol and Drug Abuse Commission; one half of the those individuals whose stated reason for admission was alcoholism were administered the 16 P.F. At the conclusion of their twenty-eight day treatment program; these individuals were administered the Keniston Alienation Scale. The other half of the patients whose stated reason for admission to Henwood was alcoholism were administered the Keniston Alienation Scale on admission and the 16 P.F. at the conclusion of their twenty-eight day treatment program. In order to check out the design effects on the Keniston Alienation Scale, these patients were also re-administered the Keniston Alienation Scale at the termination of the twenty-eight day program.

Testing was completed primarily in small groups under the supervision of the certified psychologist at Henwood.

The patients were instructed that testing was required in relation to a study concerned with an evaluation of the treatment program. Completed data was obtained on thirty-eight patients. Admission data only was obtained on an additional thirty-three patients who withdrew either voluntarily or who were asked to withdraw before the completion of the twenty-eight day treatment period.

#### Nature of the Henwood Treatment Program

Henwood provides a twenty-eight day inpatient treatment centre for alcoholism and drug abuse. No formal screening procedure of patients admitted to Henwood is used. Any screening that takes place, does so from the referral agent. Referrals come from physicians, from a 'drop-in' treatment centre run by the Alberta Alcohol and Drug Commission, the law courts, or on a self-referral basis. Admission is dependent upon the patient having not been drinking on the day of their admission to Henwood.

The treatment program at Henwood is structured around various compulsory activities. The patients must participate in lecture sessions regarding various aspects of alcoholism, recreational activities including games, crafts, meditation, A.A. meetings, individual counselling and group support for the individual to modify his drinking behavior.

Leadership for the treatment comes from a variety of sources. Some persons have university training in the social

sciences, others are graduates in Social Work from community colleges such as Grant MacEwan, still others are themselves rehabilitated alcoholics. Continuity between the individual leaders working with a specific patient is an essential component of the treatment program.

#### Hypotheses and Statistical Design

Null hypothesis were developed to see if any changes could be shown to have taken place on the various subscales of the 16 P.F. An one-way analysis of variance was applied to the various subtest raw scores in order to test for the impact of the treatment period.

Null hypothesis were developed to see if any changes could be shown to have taken place on the dimensions of alienation measured by the Keniston Alienation Scale. In order to test for the impact of the intervening treatment period, a one-way analysis of of variance was applied to the various dimensions of the Keniston Alienation Scale.

Null hypothesis were developed to see if the design effect influenced the post-test scores of the Keniston Alienation Scale. In order to test for the design effect on the alienation scale, a one-way analysis of variance was applied to the various dimensions of the post-test raw scores of the Keniston Alienation Scale.

In order to examine the relation between the various dimensions of the Keniston Alienation Scales and the subscales of the 16 P.F.; a Pearson Product Moment Correlation Matrix was developed.

In the statistical analysis of the data a .05 level of significance was taken as being the level required for the rejection of the null hypothesis that there were no differences between the scores.

## CHAPTER IV

### RESULTS AND CONCLUSIONS

The data was analyzed in accordance with those processes described in Chapter Three. The first analysis of the data involved computation of a one-way analysis of variance between the various subtest raw scores of the Sixteen Personality Factor Questionnaire of the pre-test measure and the post-test measure.

The second analysis of the data involved computation of a one-way analysis of variance between the mean scores of the various dimensions of alienation of the Keniston Alienation Scale of the pre-treatment measure and the post-treatment measure.

The third analysis of the data involved computation of a one-way analysis of variance between the two post-treatment measures on the various dimensions of alienation as measured by the Keniston Alienation Scale.

The final analysis included computation of a Pearson Product Moment Correlation matrix between the dimensions of alienation measured by the Keniston Alienation Scale and the subtest scores of the Sixteen Personality Factor Questionnaire.

Null hypothesis for each comparison between the Keniston Alienation Scales and the Sixteen Personality Factor Questionnaire

are reported below. A level of significance of .05 was necessary for rejection of the null hypothesis.

#### Hypothesis Testing

Tests of significance were applied to support or reject the following null hypothesis which was developed from the aims of the study.

Hypothesis one: There is no significant difference between the pre-test measures and the post-test measures of the respective subscales of the Sixteen Personality Factor Questionnaire.

The means of the respective subscale of the Sixteen Personality Factor Questionnaire were compared by simple one-way analysis of variance. The results are presented in Table I.

The analysis of the data supports the hypothesis that there is no significant differences between the means of the various subscale measures of the 16 P.F. It was concluded that the twenty-eight day treatment period had no effect on the respective subscale measures. It may be noted that two subscales of the 16 P.F. showed a marked but not statistically significant shift. The mean scores of the sober-tactum v.s happy-go-lucky subscales showed a change towards happy-go-lucky. On the conservative vs. experimenting subscale, a shift was made toward the more conservative direction.

MEANS, STANDARD DEVIATIONS, SUM OF SQUARES, PROBABILITY OF PRE-POST TESTING USING THE 16 P.F.

TABLE I

| Name                                                  | Pre-Test |                    | Post-Test |                    | Sum of Squares | F    |
|-------------------------------------------------------|----------|--------------------|-----------|--------------------|----------------|------|
|                                                       | Mean     | Standard Deviation | Mean      | Standard Deviation |                |      |
| A<br>outgoing vs. reserved                            | 8.37     | 2.45               | 7.89      | 2.28               | 162.21         | .47  |
| B<br>intelligent vs. less intelligent                 | 4.37     | 1.79               | 3.68      | 1.67               | 88.53          | 1.80 |
| C<br>emotionally stable vs. emotionally unstable      | 5.84     | 2.48               | 5.47      | 2.68               | 227.26         | .20  |
| E<br>assertive vs. humble                             | 4.68     | 1.84               | 5.26      | 2.27               | 111.79         | 1.03 |
| F<br>happy-go-lucky vs. sober                         | 6.42     | 1.79               | 7.68      | 2.72               | 170.74         | 3.19 |
| G<br>conscientious vs. expedient                      | 8.05     | 2.07               | 8.05      | 1.69               | 119.89         | .00  |
| H<br>venutresome vs. shy                              | 6.11     | 2.44               | 5.42      | 2.45               | 174.42         | .92  |
| I<br>tender-minded vs. tough-minded                   | 4.89     | 2.14               | 4.89      | 1.19               | 167.58         | .00  |
| L<br>suspicious vs. trusting                          | 4.74     | 2.05               | 5.00      | 2.22               | 117.68         | .20  |
| M<br>imaginative vs. practical                        | 5.63     | 2.17               | 4.63      | 2.07               | 140.84         | 2.43 |
| N<br>schrewd vs. forthright                           | 6.47     | 2.21               | 6.21      | 2.48               | 157.89         | .15  |
| O<br>apprehensive vs. placid                          | 7.79     | 3.02               | 7.58      | 3.09               | 295.79         | .05  |
| Q <sub>1</sub><br>experimenting vs. conservative      | 6.05     | 2.01               | 4.95      | 1.97               | 107.89         | 3.87 |
| Q <sub>2</sub><br>self-sufficient vs. group dependent | 4.68     | 2.03               | 4.42      | 2.04               | 140.74         | .17  |
| Q <sub>3</sub><br>controlled vs. undisciplined        | 7.16     | 2.35               | 7.05      | 1.58               | 105.47         | .04  |
| Q <sub>4</sub><br>tense vs. relaxed                   | 7.00     | 2.31               | 7.95      | 2.29               | 186.95         | 1.64 |

Hypothesis two: There is no significant difference between the pre-test measures and the post-test measures of the respective dimensions of alienation of the Keniston Alienation Scale.

The means of the respective dimensions of alienation of the Keniston Alienation Scale were compared by simple one-way analysis of variance. The results are presented in Table II.

Significant differences between the means were found on the outsider dimension of the Keniston Alienation Scale. On this dimension, the general null hypothesis is rejected. The twenty-eight day treatment period did have the effect of making the individuals feel less alone and isolated. The mean scores of two other dimensions; pessimism and social alienation, showed considerable change. After completion of the inpatient treatment period, the change of the mean scores on the pessimism dimension indicated a more optimistic attitude towards living. However, the change of the mean scores on the social alienation dimension, indicated a shift towards greater feelings of alienation within a group.

Hypothesis three: There is no significant difference between the post-test measures of the respective dimensions of alienation of the Keniston Alienation Scale.

MEANS, STANDARD DEVIATIONS, SUM OF SQUARES, PROBABILITY OF PRE-POST TESTING USING THE KENISTON ALIENATION SCALE

TABLE II

|                          | Pre-Test |                    | Post-Test |                    |                  |
|--------------------------|----------|--------------------|-----------|--------------------|------------------|
|                          | Mean     | Standard Deviation | Mean      | Standard Deviation | Sum of Squares F |
| Distrust                 | 4.46     | 6.99               | 4.26      | 4.45               | 1228.35 1.066    |
| Pessimism                | 4.16     | 4.16               | 4.45      | 6.29               | 1020.48 2.984    |
| Avowed Hostility         | 3.49     | 10.47              | 3.61      | 11.87              | 4445.94 .093     |
| Interpersonal Alienation | 3.61     | 10.68              | 3.85      | 9.58               | 3689.30 .519     |
| Social Alienation        | 4.58     | 4.99               | 4.29      | 4.65               | 811.50 3.531     |
| Cultural Alienation      | 4.29     | 5.55               | 4.51      | 13.30              | 3731.85 .435     |
| Self-contempt            | 4.50     | 5.00               | 4.60      | 5.51               | 974.06 .351      |
| Vacillation              | 4.74     | 7.53               | 4.51      | 4.49               | 1373.50 1.305    |
| Subspection              | 4.99     | 7.45               | 4.99      | 9.35               | 2566.76 .000     |
| Outsider                 | 3.30     | 11.10              | 4.16      | 7.50               | 3227.40 7.799    |
| Unstructured Universe    | 4.03     | 5.64               | 4.24      | 7.55               | 1585.38 .985     |
| Alienation Syndrome      | 4.21     | 5.59               | 4.35      | 3.64               | 787.61 .877      |

The means of the respective dimensions of alienation of the Keniston Alienation Scale were compared by simple one-way analysis of variance. The results are presented in Table III.

The analysis of the data supports the null hypothesis that there is no significant difference between the means of the various dimensions of alienation of the Keniston Alienation Scale. These results indicate that previous use with the Keniston Alienation Scale did not have any significant effect in a test - retest situation.

Pearson Product Moment Correlations were found between the various subscales of the 16 Personality Factor Questionnaire and the Keniston Alienation Scale and are reported in Table IV. Computation of the data included both the 16 P.F. responses and the Keniston Alienation Scale responses of each individual, even though some test data was collected prior to treatment and some data was collected at the conclusion of the twenty-eight day treatment period. The following conclusions were made:

High significant negative correlations (beyond the .005 level) were found on the controlled vs. undisciplined subscales of the 16 P.F. and the avowed hostility and outsider dimensions of the Keniston Alienation Scale. Negative correlations (beyond the .05 level) were found on the tense vs. relaxed subscale of the 16 P.F. and the distrust dimension of the alienation scale; the emotionally stable vs.

TABLE III  
MEANS, STANDARD DEVIATIONS, SUM OF SQUARES, PROBABILITY, OF  
POST - TEST MEASURES OF THE KENISTON ALIENATION SCALE.

|                          | Mean | Standard<br>Deviation | Mean | Standard<br>Deviation | Sum of Squares | F     |
|--------------------------|------|-----------------------|------|-----------------------|----------------|-------|
| Distrust                 | 4.43 | 6.06                  | .434 | 4.01                  | 1169.48        | .234  |
| Pessimism                | 4.15 | 4.16                  | 4.17 | 5.48                  | 846.55         | .008  |
| Avowed Hostility         | 3.49 | 10.47                 | 3.25 | 7.28                  | 3059.73        | .684  |
| Interpersonal Alienation | 3.62 | 10.68                 | 3.42 | 9.64                  | 3709.70        | .349  |
| Social Alienation        | 4.58 | 4.99                  | 4.33 | 3.81                  | 680.25         | 3.343 |
| Cultural Alienation      | 4.29 | 5.55                  | 4.21 | 4.14                  | 856.85         | 2.69  |
| Self-contempt            | 4.50 | 5.00                  | 4.65 | 6.54                  | 1190.78        | .669  |
| Vacillation              | 4.74 | 8.78                  | 4.53 | 4.05                  | 1309.70        | 1.163 |
| Subspection              | 4.99 | 7.45                  | 5.29 | 6.99                  | 1856.76        | 1.600 |
| Outsider                 | 3.33 | 11.19                 | 3.44 | 8.09                  | 3430.56        | .110  |
| Unstructured Universe    | 4.03 | 5.64                  | 4.31 | 6.23                  | 1261.52        | 2.141 |
| Alienation Syndrome      | 4.21 | 5.59                  | 4.17 | 4.08                  | 855.59         | .044  |

TABLE IV  
PEARSON PRODUCT MOMENT CORRELATION MATRIX OF MEAN  
SCORES OF 16 P.F. AND KENISTON ALIENATION SCALE (N=38)

| 16 P.F. Distrust                            | Passive | Hostility | Interpersonal | Social     | Cultural   | Self-    | Vacil- | Sub-     | Out-   | Unstructured | Alienation |
|---------------------------------------------|---------|-----------|---------------|------------|------------|----------|--------|----------|--------|--------------|------------|
|                                             | miam    |           | Alienation    | Alienation | Alienation | Contempt | lation | spection | sider  | Universe     | Syndrome   |
| A                                           | .002    | .402*     | .111          | .228       | .122       | .296     | .023   | .182     | .060   | .255         | .151       |
| outgoing vs. reserved                       |         | .034      |               |            |            |          |        |          |        |              |            |
| B                                           | .238    | .004      | .278          | .048       | .204       | .115     | .017   | .145     | .192   | .156         | .146       |
| intelligent vs. less intelligent            |         | .216      |               |            |            |          |        |          |        |              |            |
| C                                           | .240    | .073      | .439*         | .119       | .046       | .175     | .036   | .309     | .158   | .001         | .208       |
| emotionally stable vs. emotionally unstable |         | .231*     |               |            |            |          |        |          |        |              |            |
| E                                           | .014    | .077      | .186          | .060       | .030       | .038     | .104   | .016     | .038   | .136         | .000       |
| assertive vs. humble                        |         | .131      |               |            |            |          |        |          |        |              |            |
| F                                           | .085    | .071      | .240          | .038       | .207       | .233     | .054   | .153     | .103   | .072         | .047       |
| happy-go-lucky vs. sober                    |         | .014      |               |            |            |          |        |          |        |              |            |
| G                                           | .092    | .186      | .127          | .164       | .344*      | .075     | .073   | .035     | .252   | .004         | .165       |
| conscientious vs. expedient                 |         | .148      |               |            |            |          |        |          |        |              |            |
| H                                           | .078    | .346*     | .207          | .143       | .230       | .384*    | .131   | .198     | .058   | .163         | .194       |
| venturesome vs. shy                         |         | .001      |               |            |            |          |        |          |        |              |            |
| I                                           | .002    | .116      | .024          | .133       | .082       | .013     | .024   | .201     | .165   | .003         | .013       |
| tender-minded vs. tough-minded              |         | .104      |               |            |            |          |        |          |        |              |            |
| L                                           | .035    | .147      | .383          | .090       | .027       | .116     | .070   | .441*    | .320*  | .045         | .309*      |
| suspicious vs. trusting                     |         | .375*     |               |            |            |          |        |          |        |              |            |
| M                                           | .027    | .009      | .212          | .147       | .160       | .286     | .210   | .011     | .068   | .059         | .132       |
| imaginative vs. practical                   |         | .302      |               |            |            |          |        |          |        |              |            |
| N                                           | .136    | .269      | .240          | .078       | .246       | .242     | .206   | .219     | .309*  | .152         | .357*      |
| schrew vs. forthright                       |         | .387*     |               |            |            |          |        |          |        |              |            |
| O                                           | .185    | .147      | .218          | .033       | .058       | .089     | .203   | .219     | .006   | .103         | .154       |
| apprehensive vs. placid                     |         | .438*     |               |            |            |          |        |          |        |              |            |
| Q <sub>1</sub>                              | .060    | .055      | .007          | .183       | .085       | .046     | .150   | .004     | .086   | .142         | .006       |
| experimenting vs. conservative              |         | .132      |               |            |            |          |        |          |        |              |            |
| Q <sub>2</sub>                              | .068    | .193      | .073          | .020       | .071       | .085     | .036   | .105     | .044   | .272         | .053       |
| self-sufficient vs. group dependent         |         | .237      |               |            |            |          |        |          |        |              |            |
| Q <sub>3</sub>                              | .047    | .053      | .249          | .158       | .284       | .129     | .115   | .094     | .450** | .044         | .308       |
| controlled vs. undisciplined                |         | .465**    |               |            |            |          |        |          |        |              |            |
| Q <sub>4</sub>                              | .161*   | .115      | .139          | .144       | .060       | .085     | .003   | .316*    | .066   | .164         | .097       |
| tense vs. relaxed                           |         | .399*     |               |            |            |          |        |          |        |              |            |

\* level of significance .05

\*\* level of significance .005

emotionally unstable subscale of the 16 P.F. and the avowed hostility and interpersonal alienation dimensions of the Keniston Alienation Scale; and on the conscientious vs. expedient subscale of the 16 P.F. and the cultural alienation dimension of the alienation scale.

Significant positive correlations (beyond the .05 level) were found between the following subscales of the 16 P.F. and the corresponding dimensions of alienation of the Keniston Alienation Scale: Outgoing vs. reserved subscale and pessimism; venturesome vs. restrained subscale and pessimism; avowed hostility, subspection, outsider, and alienation syndrome; schrewd vs. forthright subscale and avowed hostility, outsider, and alienation syndrome; apprehensive vs. placid subscale and avowed hostility; and tense vs. relaxed subscale and avowed hostility and subspection dimensions.

Examination of the mean raw scores of the 16 P.F. of the subjects indicate the alcoholics studied were aware of and concerned with the effects of inadequate adjustment. Most outstanding is the feeling of guilt yet the inability the individual has in expressing this in constructive, adjustive behavior. Behavior was evaluated in terms of the group. A score above the average on the tense vs. tranquil factors indicates a high degree of frustration. Characteristic of an alcoholic population is a score towards emotional instability. It indicates an ineffective ability to assume

mature social ideas.

Generally in examination of mean scores of the Keniston Alienation Scale, the subjects studied did not express any extreme feelings of alienation in any of the various subscales. However, there was some variance from the average scores in those areas which related to interpersonal relationships. The most outstanding score related the subjects freely expressed hostility towards others in society; without any constructive means with dealing with this hostility. Scores on both subscales of interpersonal alienation and outsider indicates the alcoholic subjects felt isolated within the world with few or no other persons to which he can depend.

#### Summary of the Results

Conclusions were drawn regarding the null hypothesis and the results were obtained by one-way analysis of variance by computing the differences between means. The results may be summarized as follows:

1. There was no significant difference between the pre-test and post-test measures of the respective subscales of the 16 P.F.
2. There was a significant difference between the mean of the outsider dimension of alienation of the Keniston Alienation Scale.

3. There was no significant difference between the post-test measures of the respective dimensions of alienation of the Keniston Alienation Scale.

## CHAPTER V

### SUMMARY, DISCUSSION AND IMPLICATIONS

Several educators have advocated the use of the group technique as an effective method of reducing feelings of alienation in society. Its effectiveness lies in the simple fact that because the individual becomes a member of a group, he is no longer isolated or alone.

No direct relationship has been documented relating alcoholism and alienation. However, it has been suggested that alcoholism can be related to feelings of social isolation, loneliness, disassociation with the larger society.

The present study was undertaken to examine if a relationship does exist between alcoholism and feelings of alienation; and if an inpatient treatment program for alcoholism which has an emphasis on group therapy is effective in reducing feelings of alienation.

Upon admission to Henwood, a twenty-eight day inpatient treatment centre for alcohol and drug addiction; one half of those persons whose stated reason for admission was alcoholism were administered the 16 P.F. At the conclusion of the treatment, these persons were administered the Keniston Alienation Scale. The other half of the sample, whose stated reason for admission to Henwood was alcoholism, were administered the Keniston Alienation Scale on admission to Henwood. At the conclusion of the treatment period these persons were

administered the 16 P.F. and readministered the Keniston Alienation Scale.

The purpose of the study was two-fold. The primary purpose was to see if the twenty-eight day inpatient treatment could effect change on a personality questionnaire, the 16 P.F.; and to examine if the treatment is effective in reducing feelings of alienation in the alcoholic as measured by the Keniston Alienation Scale. A secondary purpose of the study was to measure the design effect of a pre - post measure of the Keniston Alienation Scale.

It seems evident from the results of one-way analysis of variance that the twenty-eight day had little effect in producing change on the personality questionnaire, or in reducing feelings of alienation. There was no significant difference on any of the various subscales of the 16 P.F. However, the twenty-eight day treatment period did significantly reduce feelings of alienation on the outsider dimension of the Keniston Alienation Scale.

Results of analysis of variance indicated that the design effect of a pre - post measure of the Keniston Alienation Scale had no effect on the test score.

Further conclusions drawn from the study indicated that a relationship does exist between various subscales of the 16 P.F. and various dimensions of the Keniston Alienation Scale. Personality characteristics of the alcoholic as

being a person who is aware of and concerned with inadequate adjustment; yet who is unable to deal with his guilt and frustration in a constructive manner correspond to feelings of alienation in the areas of interpersonal relations, open expression of hostility and aggression towards others and his feelings of being an outsider.

#### Discussion

Conclusions based on the data of this research indicate that the twenty-eight day treatment period for alcoholism is an ineffective method for reducing feelings of alienation in the alcoholic and for effecting change on a personality questionnaire. However the present research was concerned with the means of the various dimensions of alienation and subscales of the 16 P.F. Perhaps if the emphasis was placed on each individual who underwent treatment, rather than the means of the sample, the test results would indicate greater significance.

The treatment program at Henwood is not designed to change personality characteristics or reduce feelings of alienation but to help the patient control his drinking behavior. The emphasis of the program is to help the alcoholic stop drinking. This study was concerned with personality change and reduction of feelings of alienation. The conflict that arises between the emphasis of this study and the focus of the treatment at Henwood may account for the lack of significance in the results. The professional

personnel at Henwood are not concerned with helping the client change his personality or feel less alone; but are concerned with helping him adopt new modes of behavior in relation to his drinking patterns.

#### Implications for Further Research

In view of the test results, some consideration must be given to the methodological approach of this study. It would be more appropriate to use a pencil and paper test plus a behavioral measure to evaluate the effectiveness of a alcoholic treatment program. Alcoholism includes a range of physiological, psychological and behavioral problems; but it manifests itself primarily in behavioral form. This research did not evaluate the effectiveness of the treatment in terms of how successful it was in helping the group to change its drinking patterns. Further studies involved in evaluating a treatment program of alcoholism, should take this aspect into consideration.

## REFERENCES

- ANANT, S.S. Alcoholics anonymous and aversion therapy. Canada's Mental Health, 1968, 16(5), 23-27.
- BAHI, H.M. Disaffiliated Man: Essays and Bibliography on Skid Row, Vagrancy, and Outsiders. Toronto: University of Toronto Press, 1970.
- BARRY, H. Sociocultural aspects of alcohol addiction. In A. Wiklen (Ed.), The Addictive States. Baltimore: Williams and Wilkins, 1968.
- BEBOUT, J. A study of group encounter in higher education. Education Technology, 1973, 13(2), 63-67.
- CATANZARO, R.J. Compulsory therapy in prison. In R.J. Catanzaro (Ed.), Alcoholism: The Total Treatment Approach. Springfield, Ill.: Charles C. Thomas, 1968.
- CLINEBELL, H.J. What Is An Alcoholic: Understanding and Counselling the Alcoholic. New York: Abingdon Press, 1968.
- DEVITO, R.A., Flaherty, L.A., and Mzdzierz, G.J. Towards a psychodynamic theory of alcoholism. Diseases of the Nervous System, 1970, 31(1), 43-49.
- DICHTER, M., OTTENBERG, D.J., and ROSEN, A. Maraton therapy with alcoholics. Quarterly Journal of Studies on Alcoholism, 1971, 32, 66-77.
- DONOVAN, W.B. and MARVIT, R.C. Alienation - reduction in brief group therapy. American Journal of Psychiatry, 1970, 825-826.
- FOX, R. Treating the alcoholic's family. In R.J. Catanzaro (Ed.), Alcoholism: The Total Treatment Approach. Springfield, Ill.: Charles C. Thomas, 1968.
- FOX, R., VERNELLE, and LOWE, G.D. Day-treatment of the alcoholic patient. Quarterly Journal of Studies on Alcohol, 1968, 29(3-A), 634-641.
- FREED, E.X. The dilemma of the alcoholic patient in a psychiatric hospital. Journal of Psychiatric Nursing and Mental Health Services. 1968, 7(3), 113-116.

- FROMM, E. The Sane Society. Toronto: Clarke, Irwin and Company, Ltd., 1955.
- FULLER, G.B. Research in Alcoholism with the 16 P.F. test. IPAT Information Bulletin No. 12, 1966.
- GALLANT, D.M., BISHOP, M.P., FAULKNER, M.A. A comparative evaluation of compulsory (group therapy and/or antabuse) and voluntary treatment of the chronic alcoholic municipal court offender. Psychosomatics, 1968, 9(6), 306-310.
- GENDLIN, E.T. Experiencing and the Creation of Meaning. New York: Free Press, 1962.
- GERSON, W.M. Alienation in mass society: some causes and responses. Sociology and Social Research, 1965, 49(2), 143-145.
- GOLDIN, G.J. MARGOLIN, R.J., and STOTSKY, B.A. A functional classification of alcohol dependency. American Archives of Rehabilitation Therapy, 1971, 19(1), 1-6.
- GOZALI, J., and SLOAN, J. Control orientation as a personality dimension among alcoholics. Quarterly Journal of Studies on Alcoholism, 1971, 32(1), 159-161.
- HASSALL, C., and FOULDS, G.A. Hostility among young alcoholics. British Journal of Addiction, 1968, 63(3/4), 203-208.
- HOFFMANN, H. Personality characteristics of alcoholics in relation to age. Psychological Reports, 1970, 27(1), 167-171.
- JEFFERY, C.R. An integrated theory of crime and criminal behavior. Journal of Criminal Law, Criminology, and Political Science, 1959, 49, 533-552.
- JELLINEK, E.M. The Disease Concepts of Alcoholism. New Haven: Hillhouse Press, 1960.
- JONES, K.L., SHAINBERG, L.W., and BYER, C.O. Alcoholism In K. Jones, (Ed.), Drugs and Alcohol. New York: Harper and Row, 1969.
- KEARNEY, M. Drunkedness and religious conversion in a Mexican village. Quarterly Journal of Studies on Alcohol, 1970, 31(1), 132-152.

- KENISTON, K. Alienation and the decline of utopia. American Scholar, 1960, 29, 161-200.
- KENISTON, K. The Uncommitted: Alienated Youth in American Society. New York: Harcourt, Brace and World, 1965. (a).
- KENISTON, K. Unpublished alienation scales. Mimeo: Yale Medical School, 1965. (b).
- KENISTON, K. Young Radicals: Notes on Committed Youth. New York: Harcourt, Brace and World, 1968.
- KENISTON, K. The varieties of alienation. In A.W. Finifter (Ed.), Alienation and the Social System. New York: John Wiley and Sons, Inc., 1972.
- KOZIEY, P.W., LOKEN, J.O., and FIELD, J.A. T-group influence on feelings of alienation. The Journal of Applied Behavioral Science, 1971, 7(6), 724-731.
- KURLAND, A.A., UNGER, SANFORD, SHAFFER, J.W., and SAVAGE, C. Psychedelic therapy utilizing LSD in the treatment of the alcoholic patient - a preliminary report. American Journal of Psychiatry, 1967, 123, 1202-1209.
- LOKEN, J.O. Some correlates of alienation. Unpublished master's dissertation, University of Calgary, Alberta, 1968.
- LUKES, S. Alienation and anomic. In A.W. Finifter (Ed.), Alienation and the Social System. New York: John Wiley and Sons, Inc., 1972.
- MILT, H. Basic Handbook on Alcoholism. Fair Haven, N.J.: Scientific Aids Publication, 1967.
- PALLMER, E. Alcoholic Personalities. New York: Exposition Press, 1965.
- PATTISON, E.M. Alcoholism, Psychiatric Opinion, 1965, 1(2), 39-42.
- PLAUT, T.F.A. Alcohol Problems A Report to the Nation. New York: Oxford Press, 1967.

- PLAUT, T.F.A. Treatment and Management of Problem Drinking. New York: Oxford Press, 1967.
- REDDY, B.W. Sensitivity training or group psychotherapy: the need for adequate screening. International Journal of Group Psychotherapy, 1970, 20(3), 366-371.
- ROGERS, C.R. Carl Rogers on Encounter Groups. New York: Harper and Row, 1970.
- ROHAN, W.P., TATRO, R.L., and ROTMAN, S.R. MMPI changes in alcoholics during hospitalization. Quarterly Journal of Studies On Alcohol, 1969, 30(2), 389-400.
- ROSENBERG, C.M. Young alcoholics. British Journal of Psychiatry, 1969, 115(519), 181-188.
- SCHEIN, E.H. and BENNIS, W.G. Personal and Organizational Change Through Group Methods: The Laboratory Approach. New York: Wiley, 1965.
- SCOTT, M.B. The social sources of alienation. In I.L., Horowitz (Ed.), The New Sociology. New York: Oxford University Press, 1964.
- SEEMAN, M. Antidote to alienation - learning to belong. Trans - action, 1966, 3(4), 35-39.
- SINGER, E., BLANE, H.T. and KASSCHARE, R. Alcoholism and social isolation. Journal of Abnormal and Social Psychology, 1964, 69(6), 681-685.
- SOLARI, G.C. Psychotherapeutic methods in alcoholism. In R. Pophan (Ed.), Alcohol and Alcoholism. Toronto: University of Toronto Press, 1970.
- STRACHAN, J.G. Social versus problem drinking. In J.G., Strachan (Ed.), Alcoholism: Treatable Illness. Vancouver, B.C.: Mitchell Press, 1968.
- TAHKO, V. The Alcoholic Personality: A Clinical Study. Helsinki: Finnish Foundation for Alcohol Studies, 1966.
- TREPPA, J.A. and FRICKE, L. Effects of a marathon group experience. Journal of Counseling Psychology, 1972, 19(5), 466-467.

WHITNEY, E.D. The Lonely Sickness. Boston: Beacon Press,  
1965.

WOLF, K. Hospitalized alcoholic patients: motivating  
alcoholics through group psychotherapy.  
Hospital and Community Psychotherapy, 1968,  
19(7), 206-209.

A P P E N D I C E S

APPENDIX A

KENISTON ALIENATION SCALE

## KENISTON ALIENATION SCALE

1. Distrust

1. Expect the worst of others and you will avoid disappointment.
2. Nice as it may be to have faith in your fellow men, it does not pay off.
3. He who is gullible enough to believe the "truths" that others tell him is headed for disillusionment mortification, and regret.
4. You are likely to be trampled on by others if you place too much reliance on them or their promises.
5. Only by keeping on guard against the possible untrustworthiness of others can we spare ourselves the continual pain of disillusionment.
6. Very few people can be trusted.
7. The world is full of people who are eager to take advantage of you if you give them the slightest opportunity.
8. Very few people will help another person out unless it benefits them in some way.
9. The world abounds with people who experience their keenest satisfactions in exposing the weaknesses and defects of others.
10. Most people are basically unreliable when their own security or pride is at stake.

vs. Trust

1. Believe that a man will keep his promise and he will keep it.
2. If you have faith in your friends, they will seldom disappoint you.
3. He who places his confidence in others will find it fully repaid.
4. If you trust others to the limit, they will trust you to the limit.

5. Faith in others breeds happiness and good will; suspicion engenders only suspicion in return.
6. You can rely on most people you meet.
7. There are always plenty of people ready to extend a helping hand.
8. Most people are generous in their judgment of you and inclined to give you the benefit of the doubt.
9. You can count on the vast majority of people you come in contact with to be trustworthy and dependable.
10. Most people you meet are friendly and obliging, more disposed to aid you than to refuse aid.

## 2. Pessimism

1. The future looks black as pitch, with little in view to justify a core of hope or faith.
2. Wise men know there is more pain and misery in life than pleasure and delight.
3. The real substance of human life consists of a procession of disillusionments, with but few goals that are worth the effort spent in reaching them.
4. You can be certain that beyond every obstacle you encounter, your chosen path is blocked by a succession of further obstacles -- some of which are unsurmountable.
5. No longer can a young man build his character and his hopes on solid ground: civilization is crumbling, the future is dreadfully uncertain, and his very life hangs by a thread.
6. There is little chance of ever finding real happiness.

## vs. Optimism

1. The world is teeming with opportunities and promises of success for anyone with sufficient imagination to perceive them.
2. Satisfaction is the rule, dissatisfaction the exception.
3. Most endeavors are worthwhile -- pleasurable in their execution and rewarding in their results.

4. We can be confident that conditions will improve in due time.
5. There are few men who do not have it within their reach really to enjoy life.
6. In the long run, things almost always work out for the best.

3. Avowed Hostility

1. I often am aware that I really loathe someone.
2. I daydream occasionally of getting revenge on those who have injured me.
3. Love and hate are inseparable; we often hate most those who are supposedly closest to us.
4. There are times when I can hardly control my irrational hatred.
5. To get back at someone who has injured you, to hear of the humiliation and defeat of an enemy -- this is both delicious and invigorating.
6. I sometimes wish someone I knew was dead.
7. I find I frequently feel hatred for someone I love.
8. I sometimes think to myself how much I hate someone.
9. Most people secretly despise those who depend on them.
10. There have been times when I have been so mad at someone I almost could have killed him.

4. Unstructured Universe

1. Attempts to predict the future are doomed to failure: random, fickle chance governs all.
2. Honesty compels us to admit that our lives are without any inherent regularity, purpose or form.
3. You can never tell what will happen next, and attempts to find out are predestined to fail.

4. The notion that man and nature are governed by regular laws is an illusion based on our insatiable desire for certainty.
5. Human relations follow inconstant, unstable courses.
6. Anyone who believes he can "see what the future will bring" is either blind or self-deceived.
7. Human life rests on blind, unknowable chaos.
8. One of the greatest delusions of our time is the belief that we can know the future.

vs. Structured Universe

1. Increasing knowledge and understanding will permit us to predict the future with ever increasing confidence.
2. Man's relations with his fellows are normally stable and predictable.
3. Wise men have always known that our lives were intelligible, purposeful and coherent.
4. Man's increasing knowledge will some day permit him to control the future with far greater exactness than he does today.
5. Although we may not always perceive them directly, the principles that govern the universe are forever the same.
6. Regularity, constancy, predictability -- these are the ground rules of the world.
7. As a general rule, a man's past experience is a reliable guide to the future.
8. We live in a stable, intelligible universe.

5. Outsider

1. I will either be a colossal success or a colossal failure, nothing in between.
2. Only very rarely do things turn out for the best: disappointments, complete or partial failures -- these are the inevitable bitter lessons of experience.

3. There are sad and depressing times when the world strikes the eye as a huge, heartless, impersonal machine, almost devoid of understanding, sympathy and mercy.
4. I feel strongly how different I am from most people, even my close friends.
5. The older I get, the more I see the differences that divide and separate me from other people.
6. I don't think I'll ever find a woman who really understands me.
7. I have very little in common with most of the people I meet.
8. Only cows are contented.
9. Suffering is the only source of wisdom.
10. Most people who say they are happy close their eyes to the sufferings of the world.

6. Subspection

1. Appearances are usually deceptive.
2. First impressions cannot be relied upon; what lies beneath the surface is often utterly different.
3. Too many men lead shallow drab lives: I want to look into the depths, beneath the superficialities and conventionalities of everyday life.
4. I cannot simply take life as it comes: I must penetrate to the heart of it, see people stripped of their externals.
5. Most people wear masks: we can never really know a man unless we probe below the surface.
6. Beneath our personable facades lie depths of human nature which many people would find unimaginable.
7. Most ideologies and beliefs serve primarily to hide men's unpleasant motives from themselves.

8. I cannot accept appearances: I must go beneath them to the secret sources of dignity and shame, strength and weakness.
9. Much of our conventionality and rationality is an attempt to gloss over the deeper well - springs of human action.
10. The reasons people give for their actions should not be accepted at face value; they are usually far removed from true motives.

#### 7. Vacillation

1. I make few commitments without some inner reservation or doubt about the wisdom of undertaking the responsibility or task.
2. Second thoughts about things we have undertaken are completely natural: almost every endeavor has disadvantages which only become apparent once we are embarked on it.
3. I often wonder after I have promised to do something whether I was wise to have made the commitment.
4. I am not what would ordinarily be called a "decisive" or "resolute" person.
5. I am frequently led to abandon a projected course of action when I begin to worry about its consequences.
6. Sometimes when I dislike my current situation, I hesitate to change it because I am uncertain about the consequences of my contemplated move.
7. My attitudes and feelings about people often change back and forth rather abruptly.

#### vs. Resoluteness

1. Once I have made up my mind to do something I seldom have second thoughts or doubts about it.
2. It is hard for me to understand people who are always vacillating -- wondering whether they made the right choice or did the right thing.
3. I generally make up my mind fairly quickly; and once it is made up, it usually stays made up.

4. When I embark on a given course of action, I seldom turn back or hesitate.
5. A good deal of new evidence has to be brought in before I am likely to question my established attitude about an issue or a person.
6. I sometimes devote myself almost without reservation to a person or a task.
7. In an emergency, I am always among the first to suggest what action should be taken.
8. Self-contempt
  1. Any man who has really known himself has had good cause to be horrified.
  2. Unless a man has been filled with revulsion, he cannot claim to possess self-knowledge.
  3. I am given to self-accusation and self-recrimination about things I have done or might have done.
  4. In personal relationships, I sometimes have an acute feeling of my own inadequacy and worthlessness.
  5. I sometimes lose perspective and really hate myself after I have done something wrong.

vs. Self-respect

1. There is really no good reason for a person not to trust his inner self.
2. My confidence in my own value is strong enough so that if people don't like me, it does not bother me greatly.
3. There is rarely a valid basis for self-contempt: this should be seen as a symptom of some other disorder or disappointment.
4. It takes a lot to shake my self-respect or feeling of my ultimate worth.
5. I generally go into a new situation with a feeling that other people will like me, or at least respect me for what I am.

9. Interpersonal Alienation

1. The longer I live, the more I realize how basically alone and friendless we all are.
2. I doubt if I will ever find anyone who really understands me.
3. It is generally advisable to avoid intense personal attachments.
4. I expect neither help nor praise nor sympathy from others.
5. Emotional commitments to others are usually the prelude to disillusion and disappointment.
6. Here today, gone tomorrow -- that's my motto!
7. A man must learn to tolerate loneliness and solitude: it is very rare that he can find a companion who is prepared to accept him for what he is.
8. One should build his life around things which will not require the support of other people, for there is no more potent source of dissatisfaction than unfulfilled hopes about others.
9. Much as a man may seek true understanding from others, he must reconcile himself to living without it.
10. A wise man expects little from others; thus he avoids the frustration of failure and the despair of disillusion.

10. Social Alienation

1. The whole idea of "taking an active part in the life of my community" leaves me cold.
2. Trying to cooperate with other people brings mainly strains, rivalry, and inefficiency; consequently, I much prefer to work by myself.
3. There's little more ruinous for an original person than to try to carry out his ideas in cooperation with other people.

4. "Teamwork" is the last refuge of mediocrity.
5. Few people can preserve (much less find) their identity within a group.

vs. Social Participation

1. To be an active and appreciated member of a group means a tremendous amount to me.
2. It is generally more satisfying to work with others than alone.
3. The individual can seldom be genuinely productive without some active role in the life of his community.
4. We find ourselves through a full life with others, not through isolation.
5. Membership in organized groups is a valuable if not essential part of a man's education.

11. Cultural Alienation

1. American culture is inclined to be trashy, cheap, and commercial.
2. In this age of conformity to advertising slogans and the shibboleths of big business, integrity demands that we stand against the main trends of our society.
3. I am simply not susceptible to the general enthusiasm for success, togetherness, and material accomplishments.
4. Ours is an age of cheap publicity, of ballyhoo, eye-wash, pretense, hypocrisy, and downright lies.
5. The idea of trying to adjust to society as now constituted fills me with horror.
6. Pursuit of the shallow values of success, popularity, and adjustment has lead our society far towards moral bankruptcy.
7. In the last analysis, the "American way of life" is pretty shallow and tawdry.
8. Senseless conformity is the dominant trend of our times.

9. In this saccharine age of empty banalities and hollow affirmations, opposition or withdrawal are the most honest solutions for the individual.
10. American culture seldom rewards men of genuine creative ability: the "soft sell" and the "fast pitch" are rapidly becoming the keys to "artistic" success.

vs. Cultural Commitment

1. The American man on the street show a much higher standard of taste than most "intellectuals" give him credit for.
2. The values of the average American express many of man's highest aspirations.
3. Most people in this country lead productive and fulfilling lives.
4. Twentieth century societies have permitted men to reach a higher standard of culture than ever before.
5. If I had it in my power to change the values of the average American, I would leave them much as they now are.
6. Americans have a right to be proud of the levels of cultural appreciation which our country has reached in recent years.
7. One should not carp about those many Americans who place great emphasis on success and the approval of their fellows: these are important and necessary values.
8. There is little to be gained by opposing mass culture or middle-class standards; they aren't really that bad anyway.
9. It is all too easy to over-emphasize the faults in modern society, forgetting the benefits that come from a truly democratic culture.

10. The intelligent observer cannot help but marvel at the cultural achievements of the modern worlds; not only the individual peaks of accomplishment, but the high plateau of the average man.

APPENDIX B

REVISIONS OF KENISTON ALIENATION SCALE

# REVISIONS OF KENISTON ALIENATION SCALE

## 1. Distrust

3. To believe the "truths" told by others leads to regret.
4. You are likely to be trampled on by others if you rely on them or their promises.
5. Only by keeping on guard against the possible untrustworthiness of others can man trust in others.
9. The world is full of people who delight in exposing the weaknesses of others.

## vs. Trust

5. Faith in others brings happiness and good will; suspicion in others brings suspicion.
8. Most people judge you with favours, and tend to give you the benefit of the doubt.
9. You can count on most people you come in contact with to be trustworthy and dependable.
10. Most people you meet are friendly and helpful, more willing to help you than refuse you.

## 2. Pessimism

1. The world looks black, with little in view of hope or faith.
3. Human life is full of dissappointments, failures; few goals are worth the effort spent in reaching them.
5. The future is uncertain; man's life hangs by a thread.

## vs. Optimism

1. The world is full of opportunities and success for anyone willing to reach out for them.
3. Most goals are worthwhile - the pleasure is in working for the goal and reward in its completion.

### 3. Avowed Hostility

1. I am often aware that I really hate someone.
4. There are times when I can hardly control my hatred.
5. To get back at someone who has hurt you, to get revenge is satisfying and exciting.
9. Most people secretly hate those who depend on them.

### 4. Unstructured Universe

1. We can not predict the future, we are ruled by chance.
2. We must honestly admit that our lives are without any purpose.
3. You can never tell what will happen next, and attempts, to find out will fail.
4. The idea man and nature are ruled by laws is based on our need for certainty.
5. Human relations follow uncertain lines.
6. Anyone who believes he can "see what the future will bring" is blind.
7. Human life rests on complete disorder.
8. It is misleading to believe that we can know the future.

### vs. Structured Universe

3. Wise men have always known our lives are purposeful.
5. The laws that govern the world are always the same.
6. The rules of the world are constant and predictable.

5. Outsider

1. I will either be a big success or a big failure, nothing in between.
3. These are sad and depressing times when the world seems as a huge, heartless, impersonal machine, empty of understanding, sympathy, and mercy.

6. Subspection

3. Too many men lead shallow, drab lives: I want to look under the surface.
4. I cannot simply take life as it comes: I must seek to understand.
6. Beneath faces lie a human nature which many people could not imagine.
8. I cannot accept appearances, I must really get to know a person.
9. Many of our practices and behaviors are attempts to hide the meaning of human action.

7. Vacillation

1. I make few commitments without some inner doubts about the wisdom of undertaking the responsibility or task.
4. I am not what would ordinarily be called a "decisive" person.
5. I frequently give up a task when I begin to worry about its consequences.
7. My attitudes and feelings about people often change back and forth rather suddenly.

vs. Resoluteness

2. It is hard for me to understand people who are always wondering whether they have made the right choice or did the right thing.
4. When I begin something I seldom turn back or hesitate.
5. Many facts have to be brought in before I am

likely to question my feeling about an issue or person.

6. I sometimes devote myself almost completely to a person or a task.

#### 8. Self-contempt

5. After I have done something wrong, I sometimes really hate myself.

#### vs. Self-respect

1. There is really no good reason for a person not to trust himself.
2. I have enough confidence in myself so that if people don't like me, it does not bother me greatly.
3. There is rarely any reason for self-disrespect; this should be seen as a sign for some other disappointment or ailment.

#### 9. Interpersonal Alienation

3. It is generally best to avoid close personal attachments.
5. Emotional pledges to others are usually the beginning of a disappointment.
7. A man must learn to accept loneliness - it is very rare that he can find someone who is prepared to accept him for what he is.
8. One should build his life around things which will not require the support of other people; hopes about other people lead to disappointments and dissatisfaction.
10. A wise man expects little from others; thus avoiding the frustration of failure and disappointment.

#### 10. Social Alienation

2. Trying to work with other people brings mainly strains, rivalry, and inefficiency; consequently I much prefer to work by myself.

3. The ruin of an original person is to try to carry out his ideas in cooperation with other people.
5. Few people can maintain (much less find) their identity within a group.

#### 11. Cultural Alienation

1. Canadian culture tends to be trashy, cheap, and commercial.
2. In this age of conformity to advertising and big business, our honesty demands we stand against the main trends of our society.
3. I simply will not admit to the general enthusiasm for success, togetherness and wealth.
4. Ours is an age of cheap publicity, falseness, and downright lies.
5. The idea of trying to adjust to society fills me with horror.
6. Seeking success, popularity and adjustment has lead our society to a lack of what is right.
7. "The Canadian way of life" is cheap and shallow.
8. Agreement with others is the main trend of our times.
9. To oppose or withdraw are the most honest solutions to today's society.
10. The Canadian culture rewards the "sell job" rather than real ability.

#### vs. Cultural Commitment

1. The Canadian man on the street has a higher standard of taste than given credit for.
2. The average Canadian expresses many of the highest dreams.

4. We have reached a higher standard of life than ever before.
5. I would not change the values of the average Canadian from what they are now.
6. Canadians should be proud of the levels they have attained in recent years.
7. One should not complain about those Canadians who place emphasis on success and approval: these are important and necessary values.
8. The middle-class standards aren't really that bad.
9. It is too easy to over-emphasize the faults of society today, and forget the benefits.
10. We are lucky to live in a country where there is such a high standard of good taste, education and culture.

APPENDIX C

KENISTON ALIENATION SCALE  
PRESENTED TO HENWOOD PATIENTS

NAME \_\_\_\_\_ SEX \_\_\_\_\_

AGE \_\_\_\_\_ DATE \_\_\_\_\_

OCCUPATION \_\_\_\_\_ EDUCATION \_\_\_\_\_

This questionnaire consists of a list of statements to which you are to indicate your disagreement or agreement.

The following abbreviations are used: -

SD - Strongly Disagree

D - Disagree

MD - Mildly Agree

A - Agree

SA - Strongly Agree

You are to circle whichever response is closest to your feelings about the statement.

Try to work through fairly quickly, not spending too long to think about each item.

1. The longer I live, the more I realize how basically alone and friendless we all are. SD D MD MA A SA
2. Ours is an age of cheap publicity, falsehood and downright lies. SD D MD MA A SA
3. One should not complain about those Canadians who place emphasis on success and approval: These are important and necessary values. SD D MD MA A SA
4. We find ourselves through a full life with others, not through isolation. SD D MD MA A SA
5. I feel strongly how different I am from most people, even my close friends. SD D MD MA A SA
6. Increasing knowledge and understanding will permit us to predict the future with ever increasing confidence. SD D MD MA A SA
7. There is rarely any reason for self-disrespect; this should be seen as a sign for some other disappointment or ailment. SD D MD MA A SA
8. There is little chance of ever finding real happiness. SD D MD MA A SA
9. There are few men who do not have it within their reach to really enjoy life. SD D MD MA A SA
10. These are sad and depressing times when the world seems as a huge, heartless, impersonal machine, empty of understanding, sympathy and mercy. SD D MD MA A SA
11. I generally go into a new situation with a feeling that other people will like me, or at least respect me for what I am. SD D MD MA A SA
12. Too many men lead shallow, drab lives: I want to look under the surface. SD D MD MA A SA
13. The whole idea of "taking an active part in the community" leaves me cold. SD D MD MA A SA
14. Most ideologies and beliefs serve primarily to hide men's unpleasant motives from themselves. SD D MD MA A SA

- |     |                                                                                                                                  |    |   |    |    |   |    |
|-----|----------------------------------------------------------------------------------------------------------------------------------|----|---|----|----|---|----|
| 15. | I often wonder after I have promised to do something whether I was wise to have made the commitment.                             | SD | D | MD | MA | A | SA |
| 16. | Love and hate cannot be separated: we often hate most those who are supposedly closest to us.                                    | SD | D | MD | MA | A | SA |
| 17. | The world is full of people who delight in exposing the weaknesses of others.                                                    | SD | D | MD | MA | A | SA |
| 18. | I will either be a big success or a big failure, nothing in between.                                                             | SD | D | MD | MA | A | SA |
| 19. | Very few people will help another person out unless it helps them in some way.                                                   | SD | D | MD | MA | A | SA |
| 20. | We cannot predict the future, we are ruled by chance.                                                                            | SD | D | MD | MA | A | SA |
| 21. | Once I have made up my mind to do something I seldom have second thoughts or doubts about it.                                    | SD | D | MD | MA | A | SA |
| 22. | Most people who say they are happy, close their eyes to the sufferings of the world.                                             | SD | D | MD | MA | A | SA |
| 23. | The Canadian man on the street has a higher standard of taste than given credit for.                                             | SD | D | MD | MA | A | SA |
| 24. | It is hard for me to understand people who are always wondering whether they have made the right choice, or did the right thing. | SD | D | MD | MA | A | SA |
| 25. | Much as a man may seek true understanding from others, he must adjust himself to living without it.                              | SD | D | MD | MA | A | SA |
| 26. | We are lucky to live in a country where there is such a high standard of good taste, education and culture.                      | SD | D | MD | MA | A | SA |
| 27. | Wise men have always known our lives are purposeful.                                                                             | SD | D | MD | MA | A | SA |
| 28. | Most people secretly hate those who depend on them.                                                                              | SD | D | MD | MA | A | SA |
| 29. | I cannot simply take life as it comes: I must seek to understand.                                                                | SD | D | MD | MA | A | SA |

- |     |                                                                                                                |    |   |    |    |   |    |
|-----|----------------------------------------------------------------------------------------------------------------|----|---|----|----|---|----|
| 30. | It takes alot to shake my self-respect or feeling of my worth!                                                 | SD | D | MD | MA | A | SA |
| 31. | It is generally best to avoid close personal attachments.                                                      | SD | D | MD | MA | A | SA |
| 32. | Canadian culture tends to be trashy, cheap and commercial.                                                     | SD | D | MD | MA | A | SA |
| 33. | Beneath faces lie a human nature which many people could not imagine.                                          | SD | D | MD | MA | A | SA |
| 34. | Many of our practices and behaviors are attempts to hide the meaning of human action.                          | SD | D | MD | MA | A | SA |
| 35. | The world is full of people who are eager to take advantage of you if you give them the slightest opportunity. | SD | D | MD | MA | A | SA |
| 36. | Expect the worst of others and you will avoid disappointment.                                                  | SD | D | MD | MA | A | SA |
| 37. | The average Canadian expresses many of the highest dreams.                                                     | SD | D | MD | MA | A | SA |
| 38. | Suffering is the only source of wisdom.                                                                        | SD | D | MD | MA | A | SA |
| 39. | Most people wear masks: we can never really know a man unless we probe below the surface.                      | SD | D | MD | MA | A | SA |
| 40. | I generally make up my mind fairly quickly: and once it is made up: it usually stays made up.                  | SD | D | MD | MA | A | SA |
| 41. | I expect neither help nor praise nor sympathy from others.                                                     | SD | D | MD | MA | A | SA |
| 42. | I would not change the values of the average Canadian from what they are now.                                  | SD | D | MD | MA | A | SA |
| 43. | Human life rests on complete disorder.                                                                         | SD | D | MD | MA | A | SA |
| 44. | We have reached a higher standard of life than ever before.                                                    | SD | D | MD | MA | A | SA |
| 45. | There have been times when I have been so mad at someone I almost could have killed him.                       | SD | D | MD | MA | A | SA |

- |                                                                                                                                          |                 |
|------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 46. Believe that a man will keep his promise and he will keep it.                                                                        | SD D MD MA A SA |
| 47. Appearances are usually deceptive.                                                                                                   | SD D MD MA A SA |
| 48. You can rely on most people you meet.                                                                                                | SD D MD MA A SA |
| 49. Few people can maintain (much less find) their identity within a group.                                                              | SD D MD MA A SA |
| 50. Most people are basically unreliable when their own security or pride is at stake.                                                   | SD D MD MA A SA |
| 51. Very few people can be trusted.                                                                                                      | SD D MD MA A SA |
| 52. I sometimes think to myself how much I hate someone.                                                                                 | SD D MD MA A SA |
| 53. You can never tell what will happen next, and attempts to find out will fail.                                                        | SD D MD MA A SA |
| 54. Canadians should be proud of the levels they have attained in recent years.                                                          | SD D MD MA A SA |
| 55. There are times when I can hardly control my hatred.                                                                                 | SD D MD MA A SA |
| 56. Satisfaction is the rule, dissatisfaction the exception.                                                                             | SD D MD MA A SA |
| 57. A wise man expects little from others; thus avoiding the frustration of failure and disappointment.                                  | SD D MD MA A SA |
| 58. The middle-class standards are not really that bad.                                                                                  | SD D MD MA A SA |
| 59. The reasons people give for their actions should not be accepted at face value; they are usually very far removed from true motives. | SD D MD MA A SA |
| 60. Wise men know there is more pain and misery in life than pleasure and delight.                                                       | SD D MD MA A SA |
| 61. I doubt I will ever find anyone who really understands me.                                                                           | SD D MD MA A SA |

- |     |                                                                                                                                                                   |    |   |    |    |   |    |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|----|----|---|----|
| 62. | I cannot accept appearances, I must really get to know a person.                                                                                                  | SD | D | MD | MA | A | SA |
| 63. | Agreement with others is the main trend of our times.                                                                                                             | SD | D | MD | MA | A | SA |
| 64. | Human relations follow uncertain lines.                                                                                                                           | SD | D | MD | MA | A | SA |
| 65. | To believe the "truths" told by others leads to regret.                                                                                                           | SD | D | MD | MA | A | SA |
| 66. | I am not what would be ordinarily called a "decisive" person.                                                                                                     | SD | D | MD | MA | A | SA |
| 67. | The world looks black, with little in view of hope or faith.                                                                                                      | SD | D | MD | MA | A | SA |
| 68. | I daydream occasionally of getting revenge on those who have injured me.                                                                                          | SD | D | MD | MA | A | SA |
| 69. | First impressions cannot be relied upon, what is under the surface is often different.                                                                            | SD | D | MD | MA | A | SA |
| 70. | I sometimes wish someone I knew was dead.                                                                                                                         | SD | D | MD | MA | A | SA |
| 71. | It is misleading to believe that we can know the future.                                                                                                          | SD | D | MD | MA | A | SA |
| 72. | Anyone who believes he can "see what the future will bring" is blind.                                                                                             | SD | D | MD | MA | A | SA |
| 73. | My attitudes and feelings about people often change back and forth rather suddenly.                                                                               | SD | D | MD | MA | A | SA |
| 74. | To get back at someone who has hurt you, to get revenge is satisfying and exciting.                                                                               | SD | D | MD | MA | A | SA |
| 75. | One should build his life around things which will not require the support of other people; hopes about other people lead to disappointments and dissatisfaction. | SD | D | MD | MA | A | SA |
| 76. | I have enough confidence in myself so that if people don't like me, it does not bother me greatly.                                                                | SD | D | MD | MA | A | SA |

77. After I have done something wrong, I sometimes really hate myself. SD D MD MA A SA
78. The world is full of opportunities and success for anyone willing to reach out for them. SD D MD MA A SA
79. I find I often feel hatred for someone I love. SD D MD MA A SA
80. You can count on most people you come in contact with to be trustworthy and dependable. SD D MD MA A SA
81. Faith in others brings happiness and good will; suspicion in others brings suspicion. SD D MD MA A SA
82. Most people judge you with favour and tend to give you the benefit of the doubt. SD D MD MA A SA
83. I sometimes devote myself almost completely to a person or task. SD D MD MA A SA
84. A man must learn to accept loneliness - it is very rare that he can find someone who is prepared to accept him for what he is. SD D MD MA A SA
85. In personal relationships, I sometimes have strong feelings of my own inadequacy and worthlessness. SD D MD MA A SA
86. Most people in this country lead full and productive lives. SD D MD MA A SA
87. Second thoughts about things we have undertaken are completely natural, almost every endeavor has disadvantages which only become apparent once we have started on it. SD D MD MA A SA
88. Most goals are worthwhile - There is pleasure in working for the goal and reward in its completion. SD D MD MA A SA
89. You are likely to be trampled on by others if you rely on them or their promises. SD D MD MA A SA

90. I make few commitments without some inner doubts about the wisdom of undertaking the responsibility or task. SD D MD MA A SA
91. The idea man and nature are ruled by laws is based on our need for certainty. SD D MD MA A SA
92. Most people you meet are friendly and helpful, more willing to help you than refuse you. SD D MD MA A SA
93. To be an active and appreciated member of a group means a tremendous amount to me. SD D MD MA A SA
94. Only very rarely do things turn out for the best, disappointments, complete or partial failures - these are the bitter lessons of experience. SD D MD MA A SA
95. Nice as it is to have faith in your fellow men; it does not pay off. SD D MD MA A SA
96. Membership in organized groups is a valuable if not essential part of man's education. SD D MD MA A SA
97. In an emergency, I am always among the first to suggest what action should be taken. SD D MD MA A SA
98. If you trust others to the limit, they will trust you to the limit. SD D MD MA A SA
99. I have very little in common with most people I meet. SD D MD MA A SA
100. It is too easy to over-emphasize the faults of society today, and forget the benefits. SD D MD MA A SA  
SD D MD MA A SA
101. "The Canadian way of life" is cheap and shallow. SD D MD MA A SA
102. He who places his confidence in others will find it fully repaid. SD D MD MA A SA
103. I frequently give up a task when I begin to worry about its consequences. SD D MD MA A SA

104. In this age of conformity to advertising and big business, our honesty demands we stand against the main trends of our society. SD D MD MA A SA
105. Man's increasing knowledge will some day permit him to control the future with far greater exactness than he does today. SD D MD MA A SA
106. Human life is full of disappointment, failures; few goals are worth the effort spent in reaching them. SD D MD MA A SA
107. The future is uncertain: man's life hangs by a thread. SD D MD MA A SA
108. When I begin something, I seldom turn back or hesitate. SD D MD MA A SA
109. Sometimes when I dislike my current situation, I hesitate to change it because I am uncertain about the consequences of my considered moves. SD D MD MA A SA
110. I don't think I'll ever find a woman who really understands me. SD D MD MA A SA
111. Only by keeping on guard against the possible untrust and worthiness of others, can man trust in others. SD D MD MA A SA
112. There are always plenty of people ready to extend a helping hand. SD D MD MA A SA
113. The older I get, the more I see the differences that divide and separate me from other people. SD D MD MA A SA
114. Only cows are contented. SD D MD MA A SA
115. Any man who has really known himself has had good cause to be horrified. SD D MD MA A SA
116. Seeking success, popularity and adjustment has lead our society to a lack of what is right. SD D MD MA A SA
117. The laws that govern the world are always the same. SD D MD MA A SA
118. The rules of the world are constant and predictable. SD D MD MA A SA

- |      |                                                                                                    |    |   |    |    |   |    |
|------|----------------------------------------------------------------------------------------------------|----|---|----|----|---|----|
| 119. | We live in a stable, intelligent world.                                                            | SD | D | MD | MA | A | SA |
| 120. | I often am aware that I really hate someone.                                                       | SD | D | MD | MA | A | SA |
| 121. | If you have faith in you friends, they will seldom disappoint you.                                 | SD | D | MD | MA | A | SA |
| 122. | There is really no good reason for a person not to trust himself.                                  | SD | D | MD | MA | A | SA |
| 123. | Here today, gone tomorrow - that's my motto!                                                       | SD | D | MD | MA | A | SA |
| 124. | Unless a man has been filled with revulsion, he cannot claim to possess self-knowledge.            | SD | D | MD | MA | A | SA |
| 125. | It is generally more satisfying to work with others than alone.                                    | SD | D | MD | MA | A | SA |
| 126. | Man's relations with his fellows are normally stable and predictable.                              | SD | D | MD | MA | A | SA |
| 127. | "Teamwork" is the last refuge of mediocrity.                                                       | SD | D | MD | MA | A | SA |
| 128. | The individual can seldom be totally productive without some active role in life of his community. | SD | D | MD | MA | A | SA |
| 129. | The Canadian culture rewards the "sell job" rather than real ability.                              | SD | D | MD | MA | A | SA |
| 130. | I am given to self-accusation and self-recrimination about things I have done or might have done.  | SD | D | MD | MA | A | SA |
| 131. | As a general rule, a man's past experience is a reliable guide to the future.                      | SD | D | MD | MA | A | SA |
| 132. | The ruin of an original person is to try to carry out his ideas in co-operation with other people. | SD | D | MD | MA | A | SA |
| 133. | The idea of trying to adjust to society fills me with horror.                                      | SD | D | MD | MA | A | SA |

134. To oppose or withdraw are the most honest solutions to today's society. SD D MD MA A SA
135. Trying to work with other people brings mainly strains, rivalry and inefficiency; consequently, I much prefer to work by myself. SD D MD MA A SA
136. You can be certain that beyond every obstacle you encounter, your chosen path is blocked by a succession of further obstacles - some of which are unsurmountable. SD D MD MA A SA
137. We can be confident that conditions will improve in due time. SD D MD MA A SA
138. I simply will not admit to the general enthusiasm for success, togetherness and wealth. SD D MD MA A SA
139. We must honestly admit that our lives are without any purpose. SD D MD MA A SA
140. Emotional pledges to others are usually the beginning of disappointment. SD D MD MA A SA
141. In the long run, things almost always work out for the best. SD D MD MA A SA
142. Many facts have to be brought in before I am likely to question my feeling about an issue or person. SD D MD MA A SA